

Help your child balance social distancing and schoolwork

Center for Children and Families



Due to the ongoing threat of COVID-19, more than 421 million children worldwide are out of school. While kids likely view this as a break, parents likely have concerns on how to manage their child's behavior and schoolwork at home. The FIU Center for Children and Families has some tips to navigate this period of social distancing.

Routines



- Create a schedule of activities for the day (see extra resources for examples)
- Choose areas for activities that are relatively free of distractions

Monitor and allow breaks



- Allow your child breaks after they've completed an activity (see Resources guide for break ideas)
- Use breaks as rewards, "When you finish this assignment, then you can watch a Youtube video"
- Use a timer to track your breaks so they don't extend too long

Reward and praise



- We're all a little scared and stressed. Praise your child when they make an effort to do their work, "I really like how you sat down at the table all by yourself."
- Provide rewards (e.g., tablet time, time outside) for work completion and accuracy

Check in with the teacher



- Teachers are working very hard to provide work for your children — and they know a lot about using technology to provide instruction!
- Make sure you are aware of what your child's teacher has put together.

Problem-solving



- Ensure that rewards are motivating for your child
- Make realistic goals - meet your child where they are
- Take one challenge at a time

Connect and support



- Connect with other parents through social media, calling, and texting. Don't isolate yourself!
- Have grace with yourself. It's likely you are not a trained educator. Every parent in the U.S. right now is in the same boat, and we're all figuring this out as we go.